Seal Beach 45th Annual Rough Water Swim Saturday, June 14, 2013

Info and Results at sealbeachswimclub.org

USA

Including the SCS Age Group Open Water Events & 5 K and 1 mile

USMS SWIMMERS \$31

USA-S/USMS Long Distance Events Sanctioned by USA-S #00-000 and USMS #000-0000 USA-S OR USMS REGISTRATION REQUIRED - NO EXCEPTIONS

LONG DISTANCE EVENTS

2. Women's 5K		3. Men 8 1 Mile		
		4. Women's 1 Mile		
	Paddler is requ	aired for events 1 & 2	. USMS \$6 surcharge inc	luded.
	SCS A	AGE GROUP OPI	EN WATER EVENTS	
200 yard \$	Swim 400 y	ard Swim	800 yard Swim	1200 yard Swim
6. Boys 7 & 8		9 & 10	9. Boys 11 & 12	11. Boys 13 & 14
. Girls 7 &		& 10	10. Girls 11 & 12	12. Girls 13 & 14
age group ra	ices start as soon as the 3	mile race goes off.		
EVENT#	CHECK IN TIMES	START TIMES	START	LOCATION
1 & 2	6:30am	8:00am	Seal B	each Pier N/W side
5 - 12	7:00am	after 3 mile race S		each Pier N/W side
3 & 4	8:00am		ents(after 9:30am) Seal B	each Pier N/W side
WARDS: E	vents 1 through 12 1 st – 3 rd	place medal. ELl	IGIBILITY: USA Swimmin	g/USMS registration is
ll Age Group	swimmers will receive a n	nedal. MA	ANDATORY. Include Copy	y of your membership card.
VETSUITS A	ALLOWED BUT NOT A	WARDED.	One day membership avail	lable for \$20 USA-S.
RULES: USA	A-S/USMS rules govern. Sw	immers must check-in	with Clerk of Course.	
ENTRY FEE	S: Events $1 - 4$ \$25.00 Eve	nts $5 - 12 \$ 20.00$.	DIRECTIONS: 405 Fwy to	Seal Beach Blvd. south, right on
	oostmarked after June 6th ar		PCH, left on Main St. to Sea	
1EDIA NOT	TICE – Entry into the event	is acknowledgement ar	nd consent that media including	ng photos, video, and other forms
	nages of athletes may be us			
	For more information	call at (562) 430-1092	or email mariafattal@sealbea	chswimclub.org
Mail to : S.B. P.O Seal	D. Box 605 USN Beach, CA 90740	USA-S <u>AS Event Fee \$31</u>	#USMS#	EVENT #
Mail to : S.B. P.O Seal	D. Box 605 <u>USN</u> Beach, CA 90740	MS Event Fee \$31	USMS#	EVENT # Email
Mail to: S.B. P.O Seal Name:	D. Box 605 Beach, CA 90740 (last)	AS Event Fee \$31 (first)	USMS#Age:Sex:	EVENT #
Mail to: S.B. P.O Seal Name:	D. Box 605 Beach, CA 90740 (last)	AS Event Fee \$31 (first)	USMS#	EVENT #
Seal Name: Address:	0. Box 605 <u>USN</u> Beach, CA 90740 (last)	AS Event Fee \$31 (first)	Age:Sex:State	EVENT #
Mail to: S.B. P.O Seal Name: Address: Phone # (0. Box 605 <u>USN</u> Beach, CA 90740 (last) Padd	(first) lers Name(3 mile Sw	USMS#Age:Sex: State_ im)	EVENT # Email Zip
Mail to: S.B. P.O Seal Name: Address: Phone # (D. Box 605 Beach, CA 90740 (last) Padd 1-4 \$ 25 Events: 5-12 \$	(first) lers Name(3 mile Sw 20 Late fee of \$5.00	USMS#Age:Sex:State im) if Postmarked after June	EVENT # Email Zip 6, 2014 or event day.
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